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Salisbury University's student voice

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Tuesday, February 11, 2014

FREE

MD considers legalization of recreational marijuana

BY SHANNON WILEY
Staff Writer

A new bill instating the legalization of marijuana has recently been introduced to the Maryland State Legislature for consideration. If passed, the bill would allow those over 21 to possess, use and grow their own marijuana.

The Marijuana Control Act of 2014 for Maryland, the bill that is currently making its way through Annapolis and is endorsed by Delegate, Curt Anderson, of Baltimore and Senator, Jamie Raskin, of Montgomery, would change many of the current marijuana laws in Maryland.

The Marijuana Policy Coalition of Maryland

stated that the new law would allow those 21 and over to "possess up to an ounce of marijuana... up to five grams of hash, 16 ounces of marijuana infused in solid form or 72 ounces of marijuana infused in liquid form."

One would also be able to "possess, produce, and sell paraphernalia," and "sell marijuana seeds to marijuana cultivation facilities."

Along with this, those in possession would be able to give up to an ounce (and/or three seedlings) to another adult. Smokers would also be allowed to grow marijuana for personal use in the same spot as four other adults.

The Marijuana Control Act of 2014 also allows for four different types of regulated marijuana businesses, including safety compliance

facilities where professionals would test marijuana for potency and contaminants.

"It would be safer to buy marijuana if it was regulated," said Danny Ortega, a junior. "On the streets it can be laced, but the government would make sure it was pure if it was legal."

The bill could be expected to be able to give the state over \$100 million more a year by saving money in law enforcement and adding more tax revenue for the state. The Marijuana Policy Coalition of Maryland reported that the new law would put a tax of \$50/ounce on the sale of marijuana, with the first \$5 million in revenue benefiting drug and alcohol treatment and education.

"I think (that this law) is a good thing, I

think with this we'll be able to save a lot of money putting so many people in jail," junior Alexis Morrison said.

According to the law, driving under the influence of marijuana is still illegal, it would not be allowed in prisons or jails, landlords would be allowed to ban it on their property, employers can ban marijuana use at work and ban working under the influence if they so chose, and smoking in public could be penalized with a fine of \$100.

The bill itself is backed by the Marijuana Policy Project, a group dedicated to pass laws at the federal level that would allow for medicinal marijuana and turn bans into policies

See MARIJUANA on Pg 2

+/- grade system a possibility

BY OLIVIA KLOCK
Staff Writer

Salisbury University may soon follow in the footsteps of fellow institutions of higher learning with the implementation of a plus/minus grading system for undergraduates.

Michael O'Loughlin, a political science professor and member of the fall 2013 Salisbury University Faculty Senate, is in favor of maintaining the present grading system. He thinks that the present grading system, whatever its flaws, is "at best, a necessary evil."

O'Loughlin said he acknowledges that the current system is, in effect, short-hand for telling a student the grade they received. He then said if the plus/minus system is incorporated, a student could ask "What exactly does an 'A-' mean?.. Barely excellent?"

"We're not supposed to be academic bureaucrats," O'Loughlin said. He said he worries that if the plus/minus grading system does become implemented, students will become too focused on the points, rather than the intellectual endeavors. O'Loughlin fears that moving in the direction of the plus/minus system would lead to "professors treating student not as fellow inquirers, not as fellow intellectual beings, but instead as creatures that you can tease here and there."

John Quinn is a sophomore at the University of Maryland, a college that currently uses the plus/minus system. He said he strongly dislikes the system, because it puts even more pressure on students who are already stressed.

"As someone who went through all of middle and high school without the plus/minus system, I would certainly change it back if I could," Quinn said.

O'Loughlin said he would rather move in the direction of a pass/fail grading system and do away with grades altogether, rather than implement the plus/minus system. He believes the possible implementation of the plus/minus system would have a definite negative effect on student achievement over time.

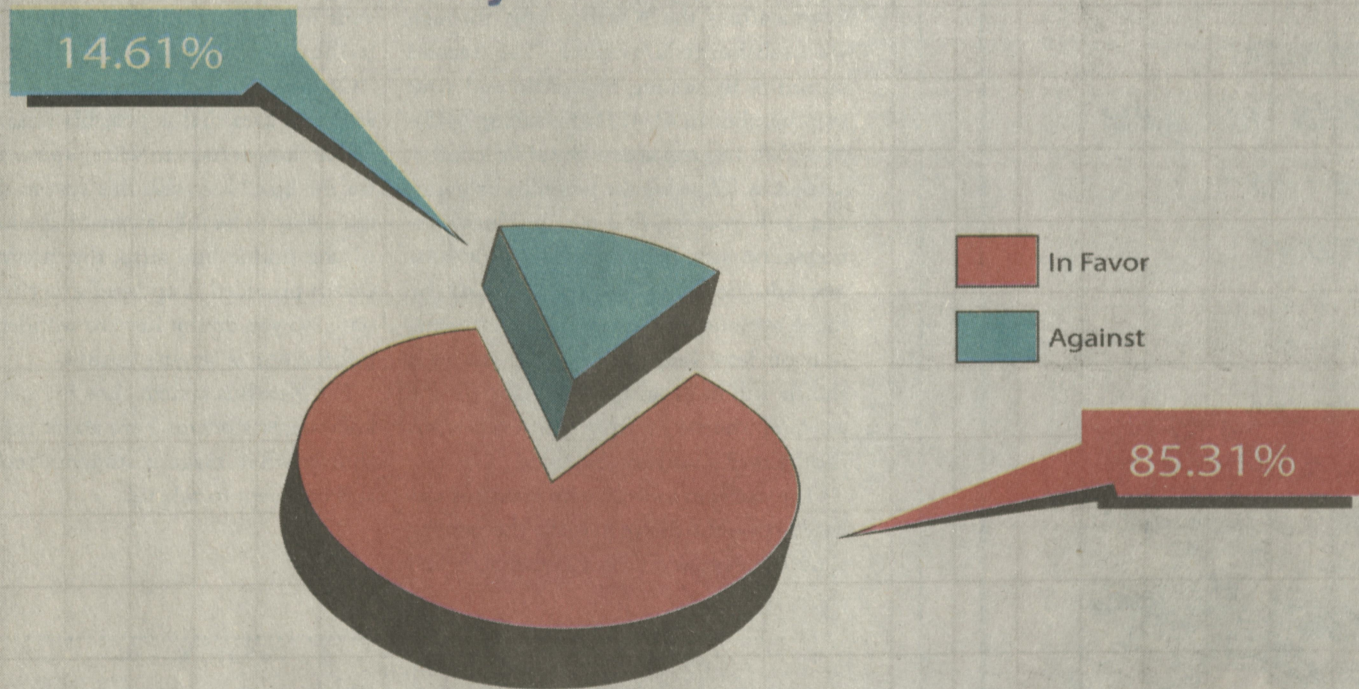
"Under this kind of new regime, I think the pressure on faculty members to further quantify every activity and turn work into points becomes greater," O'Loughlin said.

Quinn personally agrees that the plus/minus system has had a negative effect on his schoolwork, finding it much more difficult to maintain what he considers a good GPA.

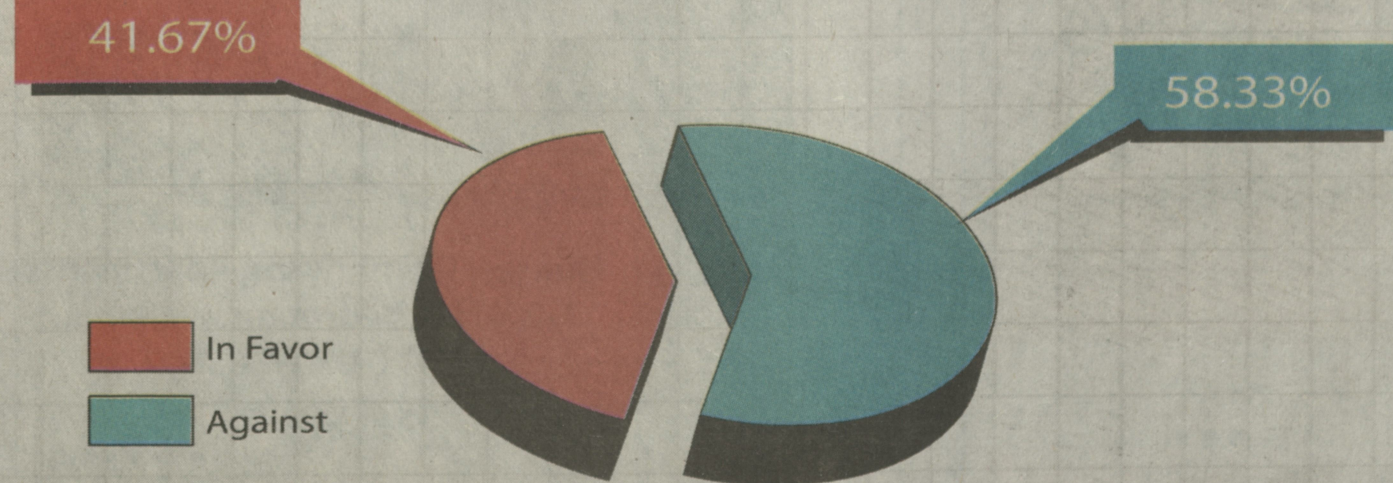
Emily Sperling is a sophomore at SU currently studying under a scholarship in which she must obtain a 3.0 GPA. Sperling said she attended a middle school that used a similar plus/minus system, which she found to be very challenging.

See +/- on Pg 2

Faculty Senate Trial Vote



Student Poll



Shaquan Davis graphic

During the most recent Faculty Senate meeting a straw poll was conducted to gauge support for the introduction of pluses and minuses into the SU grading system. The Flyer also conducted a self-selected student survey based on the same question. The results are shown in the graphic above.



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Gender and sexuality LLC to open next semester

BY JORDAN PELAVIN
Staff Writer

Starting in Fall 2014, there will be a new sophomore living learning community focused on gender and sexuality, which will be housed in Seagull Square.

Chris Egan is one of the faculty members who is working to make the new Gender and Sexuality LLC a reality. Egan hopes that the LLC will help the campus become more open minded.

"I think it has the ability to open up some interesting and enlightening conversations," Egan said.

The LLC will be the first one for sophomores, and will focus on studying gender and sexuality through the lenses of masculinity and femininity, gender identity, activism and empathy. Participants in the LLC will take classes together, including some in genders

studies, communication, history and sociology. They will also take group trips, including visits to the National Woman's Museum in Washington DC, and to do volunteer work at local medical centers that focus on LGBTQ families. Egan also said that she hopes that the LLC will be able to work in conjunction with the Salisbury University LGBTQ alliance.

"This will allow LGBTQ individuals to become more open and more comfortable with themselves," said Mike Webber, a sophomore English Education major, and member of the LGBTQ alliance on campus. "It is a great step in the right direction, and this will show the rest of SU that LGBTQ members are equals in society, and may even help some students to embrace who they truly are when they see the open acceptance of LGBTQ students at the university level."

Webber said that if he was going to be a sophomore, he would take part in the LLC,

and that he wished something like it had been an option for him when he began at SU.

"I hid my sexuality while living with a straight roommate my freshman year. I didn't see it as something that I could be open about with him, and I chose not to fully embrace that side of me," Webber said. "This year, I elected to live with a friend of mine who is also LGBTQ, and I was able to be myself around him, and I have become a much happier person because of this."

"This LLC may do the same thing that living with another LGBTQ individual did for me this year. It will allow them to feel comfortable with themselves, it will allow them to create lifelong friendships with other LGBTQ peers, and it will allow them to have a safe living situation that is free of any judgments," Webber said.

The housing department has not yet decided if the rooms will be gender neutral, though

Egan says that she hopes they will be. She pointed to schools like Towson, who have implemented gender neutral housing—where students can live with the person they feel most comfortable with, no matter their gender identity.

"I think that if nothing else, this will give the people who want to learn about the LGBTQ population a place they know is safe to learn about the academic side of things as well as open up the conversation for the rest of the campus to have," said Chelsea Toback, a senior and the president of the Salisbury University LGBTQ alliance and a gender studies minor. "I am so proud to be able to say I was here throughout all of these amazing changes."

Sign ups are still running through the housing department for the Gender and Sexuality LLC until Feb. 15.

+/-

Continued from PAGE 1

"As a student who has to strive to keep a certain GPA, the implementation of the plus/minus system would cause me a lot more stress," Spiering said.

She hopes that the Faculty Senate will keep student opinions in mind, since "it seems like not a single student wants the new system."

O'Loughlin brought up the fact that Albert Einstein and Charles Darwin's had low GPAs, adding that he does not believe in further quantifying students' academic abilities. He thinks that even the current grading system gives students an unrealistic picture of the work world.

"Do you have a degree?" Check. Grades aren't important, but it's not as critical as it seems or needs to be."

Ultimately, he said he believes implementing the plus/minus system is an unnecessary change that would be bad for professors and students alike.

In December of 2013, the divided SU Faculty Senate voted against the implementation of the plus/minus system. The senate met again to discuss the matter this past Friday.

David Parker, a mathematics and computer science professor at SU spoke at the most recent gathering. Parker said he would like to see

the plus/minus system do a short-term "test run" to observe how the faculty and student body adapt and feel about the change.

As a mathematician, Parker said he believes that in the long run, the plus/minus system would not have much of an effect on overall GPA. In favor of the implementation of the new system, Parker concluded his speech saying "it makes sense to give students the grade they earned."

The meeting did not end with an official decision made. In order for a faculty senate vote to be passed, a required 200 members must be present and participate. Only 152 members originally attended. After several members had left, a straw ballot, was conducted to note the majority of the senate's thoughts on the plus/minus system. This straw ballot resulted in 122 votes in favor and 21 votes against.

The Salisbury University Faculty Academic Policies Committee will revisit the topic of implementing the plus/minus system after more meetings and research, within and among the university's faculty, students and secondary resources. The ultimate deciding factor will be if SU wants to make the move of further quantifying student achievement.

NextBus system allows students to track shuttles with app

BY NICOLE BISER
Staff Writer

Students utilizing the shuttle services will soon be able to use a new technology that may improve your experience.

As of Jan. 27, Salisbury University implemented the NextBus system. NextBus is a program that provides people with predictions as to where the shuttle buses and streetcars are located. With the usage of GPS technology, computer monitoring and historical travel data, NextBus tracks the location of buses and streetcars, as well as their stops and patterns of traffic.

Now, SU students can utilize this program. Rather than standing outside waiting for the arrival of the shuttle, the ability to find out the exact arrival of the shuttle will be right at your fingertips.

There are four ways that students can access the NextBus system. The first way is through your mobile device, simply by downloading the NextBus app through www.salisbury.edu/nextbus. The second option is by texting SUshuttle and your stop number to 41-4111. By calling (443)-389-0328 you can access the shuttle information by following the provided prompts, and lastly you can find out the shuttle information simply by going to www.salisbury.edu/nextbus. By choosing any of these options, users can expect information on how long the wait for the next shuttle will be from the five stops for the weekday shuttle or from the seven stops for the mall shuttle on Saturday.

"The decision to work with NextBus was based upon the desire to make the existing shuttle system as efficient, convenient, and

safe as possible" said Eric Berkheimer, Associate Vice President of Facilities and Capital Management. "We believe it is a good investment for the safety aspects alone, but it also provides the administration with data to better manage the shuttle system."

The new system gives students the ability to better manage their time. You now have the option to check the status of your shuttle and plan accordingly.

"I take the shuttle every day for class" said sophomore Christina Whibley. "It's convenient, especially when the weather is bad. I've had issues with the bus not coming on time, and I've even been late to class because of that. I'll definitely feel better about knowing where and when the shuttle is, so I won't have to wait around not knowing if it might take longer than usual."

If you are a shuttle rider, you can never be fully aware of what is happening with your bus. It could break down or be in a traffic delay; anything could happen.

On days with inclement weather or if you are in an area that is possibly unsafe, you will no longer have to worry about waiting for the bus. Now with this system there is the ability to be fully aware of the location of the shuttle bus. Also, the information that is provided is updated every few seconds, so you do not have to wonder if the information is lagging behind.

The NextBus system aims to reduce the uncertainty students have about riding the shuttle while making students feel safer and more apt to ride it.

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MARIJUANA

Continued from PAGE 1

of regulation.

The MPP reported that in 2013, a Maryland poll revealed that 53 percent of voters supported the regulation and taxation of marijuana in Maryland, like the policies are for alcohol.

"It should have been done already, I feel as though anything in excess is bad for you. How is marijuana different?" Ortega said. "They say it's bad for you, but everything is bad. To me, alcohol can be worse for your health, but that's legal."

In order to support this movement, on Jan. 16, 2014, the Marijuana Policy Coalition of Maryland was founded. Organizations involved include the MPP, the American Civil Liberties Union of Maryland, Law Enforcement against Prohibition, the League of Women Voters of Maryland, and Maryland State Conference of National Association of the Advancement of Colored People Branches.

Some Maryland residents are not in support of this bill, however.

Maryland Governor Martin O'Malley said on WEEA 88.9 FM that he opposes the new law. "I've seen what drug addiction has done to the people of our state and the people of our city."

"I think this law will not do much to actually regulate weed because underage kids will still get the drug, just like with underage drinking," Senior Jack Cambre said. "Medicinal marijuana is fine, but I don't think people need it recreationally."

The bill is currently in the Maryland Grand Assembly, under discussion of "public safety, civil liberty, and money for the state."

"Whether it's legal or not people will do it," Morrison said. "So we might as well regulate it."



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Style that says 'Be Mine'

Valentines Day



Contributed by Kara Kinnamon

From formal to casual, Valentine's Day offers many fun and flirty possibilities.

BY KARA KINNAMON
Fashion Columnist

Valentine's Day is upon us and, although I'm excited, I know many people dread this holiday.

I have been both single and taken on Valentine's Day, so I can understand both sides of the coin. I encourage everyone to embrace this Friday and make it your own. The first step to getting excited is to make plans. Only then can we move onto the perfect outfit.

If you are in a relationship, then I'm sure you've all talked about this with your significant other. Maybe you're thinking about a night in, the movies or a fancy dinner. These are all great choices that yield their own outfit parameters.

Single girls, no need for your own pint of Ben and Jerry's this year. Call your other single friends and have a girl's night. Think comedies and drinks.

Better yet, Valentine's Day happens to land on a Friday, meaning the bars will be in full swing. This could be a good night to get dolled up and mingle with other singles while out with your friends.

Whatever your plans may be, all holidays are a great excuse to bust out forgotten items buried deep in your closet. As there are no rules in fashion, only suggestions, here are mine for this Valentine's Day.

First, get a little daring. Color blocking can work well on this particular holiday. Many girls shy away from putting together like colors in fear of clashing. But when done right, blocking can be a success. Reds, pinks, and purples can be worn together as a part of the color blocking trend. The only secret is to keep it simple.

Prints should be avoided when using multiple colors and neutral accessories help as well.

Another guilty pleasure of Valentine's Day is wearing lace and florals with no regret. These romantic textures and prints are very appropriate. But I wouldn't wear them together.

Think flirty. Peplums, pleats and empire waists are great for the holiday. Any dress or skirt would work as well. Another style to channel is the girly look. Collared tops and dresses are the Audrey Hepburn of Valentine's Day.

Staying in? Don't think you have zero options except for grey sweatpants and a pink t-shirt. If you feel like it, dress up just as if you were going out. Or create a chill version of any of these looks. Themed pajamas would be adorable and comfortable as well.

Those of you planning a romantic night in may have alternative ideas of what to wear, but I will leave that advice to your Victorian Secret saleswoman.

For more ideas, check out Campus Chic on Pinterest at

pinterest.com/campuschic



SU reaches out to animals



Photo contributed by Andrea Becker

SU senior Andrea Becker gives a cat some much-needed playtime at the Humane Society of Wicomico County, where she volunteers during the weekends.

BY JESSICA GOODELL
Staff Writer

unteer time per visit is an hour.

"Animals need human interaction; they can't just stay in a cage all day," Becker said. "When you visit the Humane Society, you can play with the cats and kittens, take them out of the cages for petting and just the feeling of a human holding them, or if they don't want to be held just playing with them a bit. It helps them to get more used to humans."

Rossini, along with Vice President Kelsey Schott, gave several recommendations on attire for volunteering. They said to wear long hair pulled back, an old shirt, long pants and tennis shoes. They also said participants are welcome to bring some sort of fanny pack to carry the treats HSWC provides, or their own.

"I'm a treat snob," Rossini said. "So I bring my own treats with me."

The Leash on Life members have a very close relationship with the HSWC. Several members have formed relationships with the staff due to their frequent visits. Rossini said one reason that the Leash on Life members and the HSWC staff get along so well is because they are all working towards the same goal: to get animals adopted.

"We want these animals to find homes," Rossini said.

The HSWC is not a no-kill shelter. This means that there is the possibility that the animals will be euthanized. Typically, animals are euthanized due to illness, behavioral problems or lack of space, according to the Humane Society of the United States.

The HSWC coordinates several events to promote adoption.

"We're taking a dog to PETCO this weekend," said sophomore Shannon Gilligan, who is completing her CMAT practicum at the HSWC. "And we're taking one to PetSmart too, so that people can meet the dogs."

Gilligan said that she has put several pictures of the animals up on the HSWC website to get them more "face time." She said they are trying to get the animals out there so they have more of a chance of being adopted.

The HSWC currently has 13 dogs and 21 cats up for adoption, according to the website.

Sudents reflect on sex, dating in college life

BY HANNAH CARROLL
Staff Writer

With school back in session, books purchased and classroom locations memorized, Salisbury University students are ready to conquer the spring semester.

And, of course, have lots of sex. At least that seems to be the reputation of higher learning these days. Apparently, college is no longer a place where you just earn a degree, but where students effortlessly practice the art of taking a stranger home after last call.

"I feel like freshman year we sign up for easy classes to get good grades, and look for guys who will be an easy lay," SU senior Robb White said. "But by senior year, I think we are all looking for something a little more challenging and with long-term benefits."

A recent Sexual Satisfaction Survey conducted by Lifestyles Condoms found that one out of four students desire to hook up with a stranger, someone they have known less than six hours.

But that doesn't necessarily mean they are doing it.

Experts believe the perception of the laid back hookup culture seen on college campuses is because the current 20-something-year-olds are waiting longer to get married and have babies, despite what MTV wants us to believe.

Today, 20 percent of adults ages 18 to 29 are married, compared to 59 percent in 1960, according to a recent study conducted by the Pew Research Center.

Most students today are taking advantage of their time at college for self-exploration and self advancement. With less pressure to wear a wedding ring, there is less pressure to define the meaning of a sexual encounter.

SU senior Kelsey Como said she believes hooking up is just like being in a relationship, minus the drama. Hooking up with different people is a good thing when a person knows they do not want a relationship.

"Some people just want sex without the bullshit," Como said. "It's unfortunate that a lot of people think relationships just equal stress, when in reality they can be really great."

What exactly is "hooking up"? The term in itself is ambiguous. Hooking up can mean a lot of different things to a lot of different people. Its distinctions are furthered blurred by the media's portrayals of the term as well.

Research shows that although young adults are having one-night stands, the majority of college students prefer traditional dating. According to the Journal of College Student Development, hooking up was prevalent among students, but 74 percent of those surveyed prefer committed relationships.

SU junior Melissa Carson said she believes the big difference between dating today compared to the dating of older generations is that hooking up usually leads to a serious relationship, instead of the other way around.

"Hooking up gives you a chance to know if you really like the person before things have to get really serious," Carson said.

The Journal of College Student Development reported that the majority of students surveyed did not feel like they were able to commit to a relationship because they were committed to school. Carson said hookups allow students to better pursue their academic or professional lives while fulfilling their sexual needs.

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HAPPY Valentine's DAY

Friday February 14
Ice Cream Sundaes
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"Inked" event offers students support, coping methods

BY ASHLEY CHAFIN
Staff Writer

Around 200 people gathered in Fireside lounge Thursday to celebrate positive self-images during STAND4YOU's program, Inked: Making Positive Remarks.

Keynote speaker Kim Klump told a personal story of how she coped with her son's 2009 suicide. She spoke of her survival with a crackling, yet admirable voice, as she encouraged others to find positive ways to cope with stress and earn to recognize risks of suicidal behavior.

"Between society and the media, people are taught to hate themselves," said Active Minds member, Claire Taylor. "And everyone feels pain and wrong to have any little bit of self-confidence."

Active Minds set up an activity where participants would write something they loved about themselves on a whiteboard and have their pictures taken.

"I came prepared with my own lyrics, figuring we would learn how to record and produce songs, but instead, I became a part of something bigger and more meaningful."
- R.J. Duvea

"Over the last year on the campus, it has become more acceptable to talk about and seek help for mental illness," STAND4YOU Program Coordinator Anisa Diab said.

Diab encouraged attendees to embrace their stories and identify things that keep them positive and cling to them, such as talking to family or friends, exercising, or one of the many other coping mechanisms they listed in a mural-like way at the Student Health Services' booth.

Diab went on to say that 1,700 students, faculty, and staff are Kognito At-Risk trained, a virtual situation simulator aimed at teaching suicide prevention and risk awareness.

The event ended on a lighter note - a performance from the Salisbury Step Up Team. The group, who had only been working together for less than three hours, wrote lyrics for a song about mental health awareness in "The Music with A Message Songwriting Workshop."

"The workshop wasn't what I expected," Step

Up Team member R.J. Duvea said as he recounted his experience from the day. "I came prepared with my own lyrics, figuring we would learn how to record and produce songs, but instead, I became a part of something bigger and more meaningful."

The four-person group teamed up with The Billies, two musicians who travel the country to share their love for music and education, who created a melody to match their created lyrics and recorded the song entitled "Down," which will eventually be produced.

"As our first event for the year wraps up, I'd say we had a pretty great turnout," STAND4YOU member Darius Jones said while expressing his love for the program. "It's nice to put a positive thing together to make people realize that it's okay to love themselves."

Men's basketball routs Christopher Newport for first time in three years

BY KOLBY MALY
Staff Writer

The Salisbury University men's basketball team defeated Christopher Newport, 83-58 on Wednesday. The win was the fourth straight for the Sea Gulls and the first time the team has beaten the Captains in three years.

Salisbury controlled the game from the opening tip and forced the Captains into a shot clock violation on their first possession. Freshman Gordon Jeter converted a lay-up to get the scoring started. Seniors Brandyn Wilkerson and Dominic Milburn hit threes on consecutive possessions for an 8-0 lead just three minutes into the game. They would extend the lead to 20-5 after a Milburn three point play.

The Gulls led at halftime 33-26 and never trailed the entire game, leading by as many as 28 points. Senior Tim Harwood led the way in the scoring column, dropping 20 points.

"I wasn't trying to force anything; just take the right shots," Harwood said. "My teammates found me when I was open."

The win was a true team effort as five Gulls scored in double digits and as a team shot 56 percent from the field. Milburn, Jeter, Charles Porter and Justin Wimmer each finished the game with 11 points.

The bench outscored the Captains 34-17. The Seagulls had 16 assists on nine turnovers while the Captains managed just four assists and turned the ball over 13 times.

"This is as proud of a team after a game I have

been," Head Coach Josh Merkel said. "I was pleased with all of our guys, the way we moved the ball, the way we defended and the way we shot the ball."

The suffocating Salisbury defense was great all night as they held the Captains to 37 percent shooting for the game. They were able to hold the Captains top scorer Tra Benefield to 10 points, well below his season average.

"We wanted to make others beat us, being aggressive and attacking him when he drove it, guys were there on the help to take charges," Merkel said. "We always talk about if we play the right way the outcome takes care of itself."

Christopher Newport would cut the Salisbury lead down to 38-35, five minutes into the second half. The Gulls responded by going on a 23-3 run

over the next five minutes to help put the game out of reach. Wilkerson hit a three and Harwood would follow with back-to-back three pointers of his own, ending the run and extending the Salisbury lead to 20 points.

"It always feels good when you're at home to take care of business and get a win," Wilkerson said. "We have a tight group of guys, when one guy is playing well it usually means the rest of the team is playing well."

The Gulls kept their run going on Saturday at the University of Mary Washington as Milburn set a new career high of 27 points. Milburn and the Gulls went on to beat Mary Washington 81-71.

The team's next home game is Wednesday, where they will take on Wesley College.

Women's basketball ends win streak against CNU



SU Athletics photo
Women's basketball Head Coach, Kelly Lewandowski, tries to rally the team during the game against CNU.

BY ASHLEY MARTIN
Staff Writer

Salisbury University's women's basketball team broke their home win streak on Wednesday against No. 13 Christopher Newport University.

Magg's Gym was filled with loud cheers as the 7-4 Sea Gulls played what they described as their toughest Capital Athletic Conference game thus far.

After trailing behind by four in the opening minutes of the first half, junior Sarah Seipp exploded with a three pointer to put her team on the scoreboard. SU continued to trail behind before junior Anna Hackett made two consecutive layups to bring CNU's lead down to three.

Both Hackett and Seipp scored the team's first fourteen points of the game.

"I was just trying to get something started and get everyone involved," Hackett said. "I wasn't even paying attention to my own numbers."

Despite the team's twelve defensive rebounds led by Seipp and junior Aleisha Hobbs, SU trailed 34-23 at the end of the first half.

"They were making their shots and we weren't making ours," Seipp said. "We let them control what we did."

The Gulls went on a 13-9 run at the start of the second half, cutting CNU's lead down to seven. After outplaying their opponents defensively in rebounds, the Gulls were still unable to land many of their shots. Head Coach

Lewandowski said it was one of their biggest downfalls for this game and was unsure why the team was missing a number of their shots.

"Making a basket would have been nice," Lewandowski said. "We shot very poorly and missed open opportunities."

Halfway through the last half of the game, CNU gained a 22-point lead and SU gave a final push to cut down the lead. The Gulls went on a five point run led by Hackett before CNU closed out the game, beating the Gulls 68-52.

The team said they would regroup after the loss and try to fix some of the errors they made in the game.

"Our defensive did really well, we're just going to do more shooting drills in practice," Lewandowski said.

Hackett said the win would have especially been nice against this team since CNU defeated York College, who was undefeated in the conference.

"A win would have been a big statement for us as a team," Hackett said. "Unfortunately we just couldn't pull it out, but we're going to move on from it and get ready for the next game."

They rebounded from the tough loss on Saturday against Mary Washington in a double overtime win, 84-79. They are looking to stay in the win column as they play Wesley at home on Wednesday in another conference game.

Athlete's Health

Shin Splints

BY GLEN CAREY
Staff Writer

Injuries in sports are a mystery, there is no telling when or where they will come, but the biggest mystery of all is shin splints.

"This injury depends solely on the athletes themselves," said Salisbury University head athletic trainer Pat Lamboni. "It is a complete unknown."

Shin splints are a common injury where the shins throb with pain when doing activities sometimes as easy as standing up. Runners can get them after ramping up their workout intensity, or changing the surface they run on such as shifting from asphalt to a treadmill.

"The injury depends on a number of things," said Head Track and Field Coach Jim Jones. "Things like their fitness level, what they eat and their growth all contribute to the possible injury."

The track season for Salisbury started in October and then athletes get a month off for winter break before coming back in January.

"We emphasize pre-season conditioning as much as possible," Jones said. "We want them to sustain their fitness year-round so injuries don't occur."

SU senior Kara Tolson competes in sprints and relays for the track team and has had shin splints before.

"It feels like someone is banging your shin with a hammer," Tolson said. "The fact that you run through the injury during the season without any rest is what makes them so painful."

There is no exact treatment for

shin splints. When treating, Lamboni will first make sure he has the proper diagnosis and evaluation of the injury followed by lots of ice, stretching and even switching up their equipment like their shoes.

"Shin splints mostly comes from overuse," Lamboni said.

There are coaches at Salisbury that believe many of their athletes will hide their injury in order to compete.

"The percentage of shin splints we see is too low," Lamboni said. Athletes are encouraged to convey their injuries to the coaches so that they can strengthen and help them.

"Nine out of 10 of the athletes injuries become worse because they don't tell us," Jones said.

The track team uses a 1-10 scale regarding injuries with one being completely fine and able to compete at a high level and 10 not being able to walk. Depending on the event whether it is a conference meet or a regular season meet, a five would be a possibility of running.

With having dealt with many shin splint injuries before, Lamboni believes the injury has a lot to do with the overuse of the posterior tibialis.

"It is always hard to tell the injury because there is no swelling or obvious signs," Lamboni said.

The posterior tibialis muscle arises from the back of the shinbone, passes down the inside of the ankle as a tendon and inserts into the tarsal bones in the middle of the foot. The function of the posterior tibialis muscle is to help the calf muscles push the foot down and also to turn the foot inwards. If the posterior tibialis tendon becomes inflamed, there will be pain on the inside of the ankle during movements, particularly pushing the foot downwards and turning the sole of the foot inwards.

"In the end, if it is a NCAA bid, they will run through it," Lamboni said.

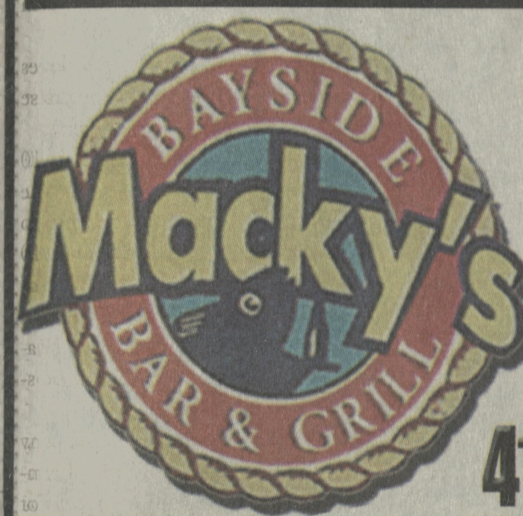
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Athlete Spotlight: Tim Harwood

BY AMY MCFARLAND
Sports Editor

Sport: Basketball

Year: Senior

Hometown: Rockville, Md.

Major: Physical Education

Achievements: Named to coSIDA Academic All-District team on Jan. 30, No. 10 on Salisbury's all-time leaderboard in three-pointers made, ranked in the top 30 in Division III for three pointer percentage

At what age did you start playing basketball?

"I've been playing since I was probably three or four. I just started dribbling and playing around the house. My dad is a high school basketball coach so I was always around it."

Why did you choose SU?

"I transferred in my sophomore year because I had heard good things about the school and I wanted to change my major to P.E. My old school didn't have it, but I knew they had a good program here so it seemed like the right fit."

What is your favorite SU basketball memory?

"My junior year when we beat St. Mary's at home. They were ranked in the top ten at the time. I think we won in overtime, and it was a good crowd and a great game."

What is your goal for the 2013-14 season?

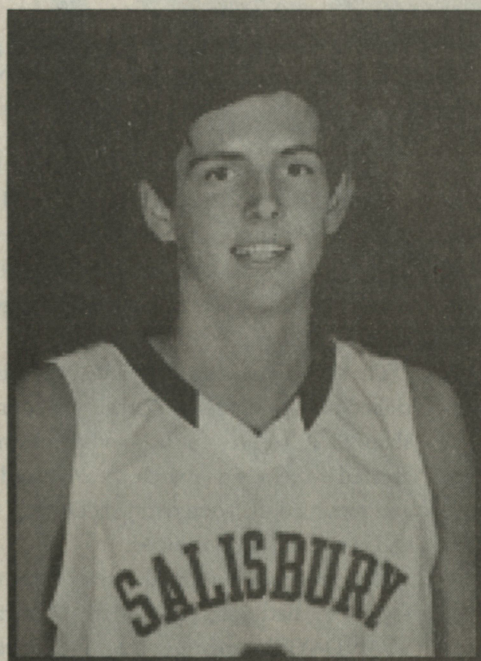
"I don't really have any individual goals, I'm just trying to make the CAC playoffs and win the CAC championship."

Who is your role model?

"My dad, he's always been my coach and he's always been a rebound for me. He's a P.E. teacher as well so I've always looked up to that."

Head Coach Josh Merkel's thoughts:

"Tim is an absolute gym rat, so our players get to see what type of work he puts in. It's no accident that he's shooting it as well as he does. I can remember multiple times seeing him shoot at 9 a.m. before class, and in between his classes and almost wanting to kick him out of the gym because he's in there too much sometimes. This year he's been more vocal as a captain and a leader. I think teams know how good of a shooter he is so they don't give him much space, yet he's still managed to shoot an incredibly high percentage, one of the best in the country. I'm excited to see what else he's going to do."



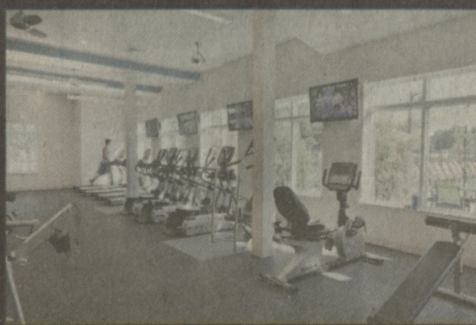
SU Athletics photo

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